

Dear Mama,

I just want you to know that you're not alone. It can be frustrating to have children with a significant age gap. They have separate interests, and we may carry the guilt of attending to the one who needs us more, and it is downright exhausting.

My children are 8.5 years apart. They are in two separate different places in their lives, and during the pandemic, I felt completely overwhelmed with their varying needs. I am also a single mother, which also impacted things, but I am a survivor, and my relationship with my children has improved.

My prayer for you is that you continue to take time for yourself and create boundaries with your children. My prayer for you is that you figure out a way to hold grace for yourself every day and that your relationships with yourself continue to blossom.

Grace is being gentle with, learning to plan those different activities for your children, and recognizing the unique bond you have with each child, and they will have with each other. You realize the power you have and that God and Spirit would put no more on you than you can bear.

Blessings and infinite power to you, Mama.



Johnetta

